STAND UP AND SPEAK UP | FOR STUDENTS

It's online and it's mean. What to do.

Cyberbullying can follow you home. These steps protect you and help adults act.



1 **Do not reply or get back at them**
Replying often makes it bigger. Take a breath first.

2 **Take screenshots**
Capture the messages, the name or handle, the date and time. Keep them safe.

3 **Block and report in the app**
Use the app's block and report tools. Most platforms have them.

4 **Tell a trusted adult**
A parent, counselor or teacher. You are not tattling. You are asking for help.

5 **Report it to your school**
Text, scan the QR code, or use the app. Share the screenshots with the adult handling it.

6 **Take care of you**
Step away from the screen. Talk with someone you trust.

SCHOOL USE: complete this box before you print or hand out these pages

School text number *[School text number]*

QR / web page address *[QR / web page address]*

Trusted adult / office *[Trusted adult / office]*

PLACE YOUR SCHOOL'S QR CODE HERE

These are blank on purpose. Your number, organization code and QR code are set up with Active SOS during rollout. Add them here, then distribute.

If someone is in danger right now, call 911. If you or a friend is thinking about suicide, call or text 988.